

Navigating Rural Health Resources

April 18, 2017

Conference Call #: (866) 620-7326
Access Code: 3507-50-3156



Overview & Agenda

Webinar Purpose:

Highlight state and federal programs relevant to rural Kansas in hopes to connect our local providers and communities to useful resources and tools.

AGENDA/TOPICS:

- Kansas Infant Death & SIDS Network, Safe Sleep
- Project ECHO: Extension for Community Healthcare Outcomes

Safe Sleep

Kansas Infant Death & SIDS Network



Our Mission: To protect and improve the health and environment of all Kansans.



Wrestling with Safe Sleep



Sleep-Related Infant Death

Sudden, Unexpected Infant Death (SUID)

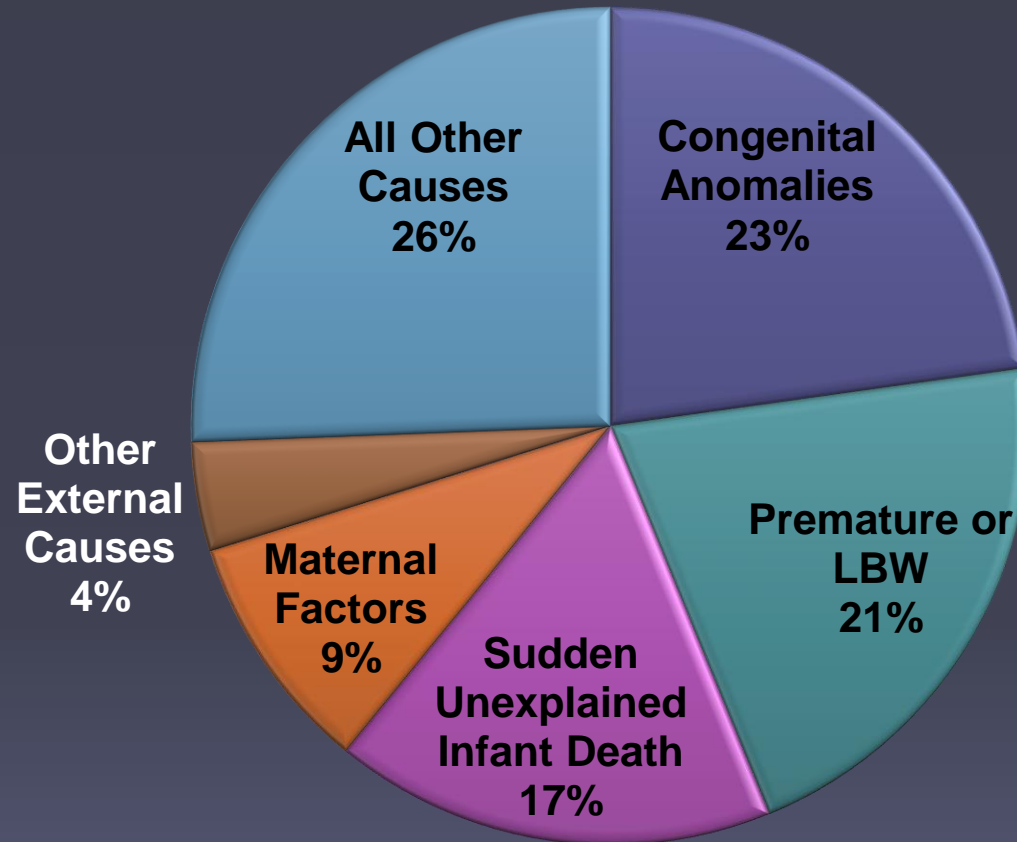
- Manner and cause of death are not immediately obvious prior to investigation
 1. Accidental suffocation or asphyxiation while sleeping
 2. Sudden Infant Death Syndrome (SIDS)
 - When an infant seems to be healthy, but dies usually while sleeping, for no other reason
 - Sometimes called “crib death”
 3. Unknown

Infant Mortality Data

Kansas in 2015

39,123 Babies born
230 died before their
1st birthday

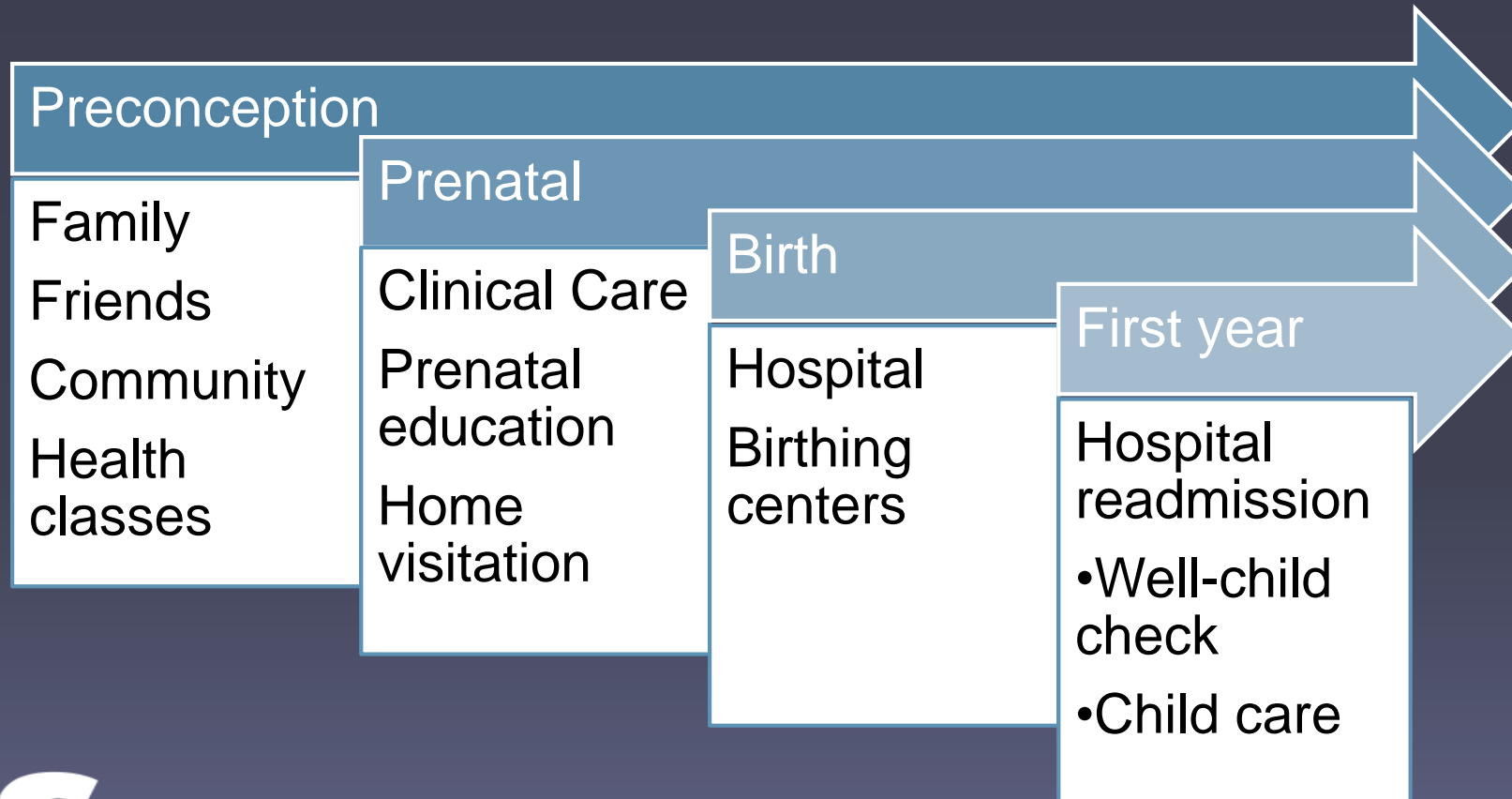
Kansas Infant Mortality 2011-2015



Source: Bureau of
Epidemiology and Public
Health Informatics, KDHE

Reducing Infant Mortality

Consistency along continuum of care

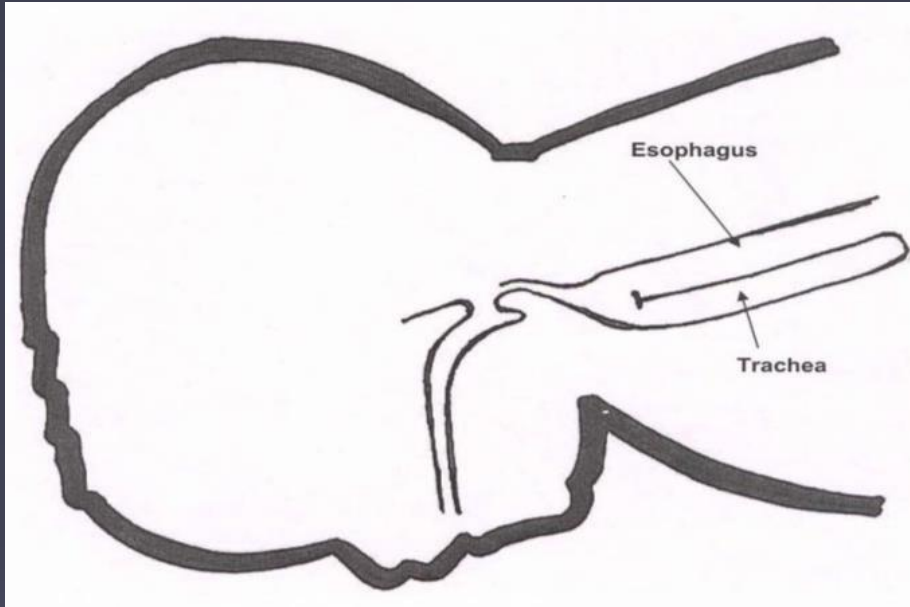


Safe Sleep Position

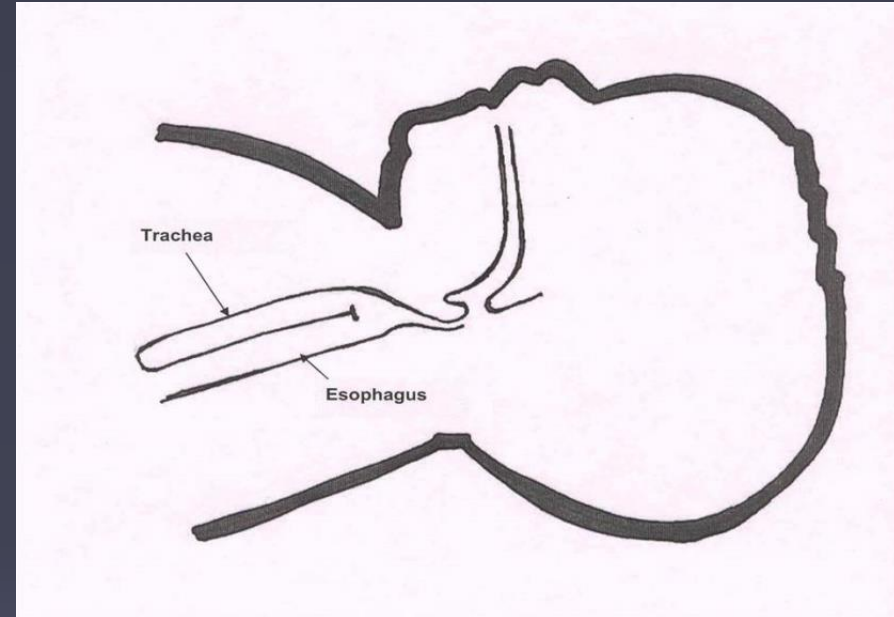
Healthy term infants should be placed on their back to sleep for every sleep.



Safe Sleep Position



Prone – “tummy”



Supine – “back”

Safe Sleep Environment

- Place the baby on a firm sleep surface in safety approved crib
- The sleep surface should be bare



Cribs for Kids



Room Sharing without bed sharing



Unsafe Sleep Environments

- Car seats
- Strollers
- Swings
- Infant Carriers
- Infant Slings



Commercial Devices



Avoid the use of commercial devices that are inconsistent with safe sleep recommendations



Baby boxes are all the buzz, but are they bunk?

USA TODAY NETWORK Josh Hafner, USA TODAY Published 9:56 a.m. ET March 30, 2017 | Updated 2 minutes ago



Baby boxes are becoming more popular across the country. Many health experts say they could help keep a newborn baby safe as they sleep. Veuer's Aaron Dickens has more. Buzz60



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CONNECT TWEET LINKEDIN COMMENT EMAIL MORE

Corrections & Clarifications: Because of an editing error, an earlier version of this story misstated the percentage of baby box recipients in Finland who



USA TODAY MONEY

Just Cool Cars: Turning a '71 BMW into a \$100,000 gem

Chris Woodyard, USA TODAY





Safe Sleep and Breastfeeding



- Breastfeeding is recommended and is associated with a reduced risk of SIDS
- There is a 68% decreased risk of SIDS for infants who are exclusively breastfed.
- There is a 32% decreased risk for SIDS for infants who are breastfed at all.

Tummy Time



- Needed to develop strong muscles
- For babies who are awake and being observed
- Offered 2 to 3 times a day and increase the amount as the baby becomes stronger.

Pacifier Use

Consider offering a pacifier at nap time and bed-time.



Maintaining Temperature

- Make sure the baby's head remains uncovered during sleep
- Consider using a wearable sleeper or other sleep clothing as an alternative to blankets.
- Dress the baby in light sleep clothing



Swaddling

- Swaddle a baby who wants to be swaddled
- Not too hot
- Not too tight
- Not able to flip over



Avoid Smoke Exposure



- Go outside to smoke
- Wear an overcoat
- Removed the overcoat upon return
- Exposure to smoke in a room where babies sleep, is linked to an increased risk of SIDS.

Avoid Alcohol and Illicit Drug Use

- Increased risk of SIDS with prenatal and postnatal exposure to alcohol or illicit drug use



Immunizations

- Infants should be immunized
- Immunizations reduce an infant's risk of SIDS by nearly 50%



Safe to Sleep Campaign Materials



Safe to Sleep Materials Video



[Safesleepkansas.org](https://safesleepkansas.org)

Referring to the KIDS Network

- Let the family know you will contact the KIDS Network to provide support
- Call or fax provisional information

Kansas Infant Death and SIDS Network, Inc.

1148 S. Hillside, Suite 10

Wichita, KS 67211

Phone: 316-682-1301

Fax: 316-682-1274

www.kidsks.org

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Project ECHO

University of Kansas Medical Center



Our Mission: To protect and improve the health and environment of all Kansans.



Project ECHO

Navigating Rural Health Resources Webinar

April 18, 2017



Project ECHO

(Extension for Community
Healthcare Outcomes)

Carla Deckert, MA, PMP
KUMC Project ECHO Director



ECHO's Mission

Expand the capacity to provide best practice care

- for common and complex diseases
- in rural and underserved areas
- to monitor outcomes





Moving Knowledge
not patients



ECHO's Goal:

Improved outcomes for Kansas patients



Project ECHO in action

- Collaborative virtual learning – built on existing technology
- Utilizing case-based learning to master complexity
- Promotes evidenced-based best practices
- Proven method to enhance Workforce

Capacity



ECHO - Tele-mentoring via the Internet

- Receive an e-mail invitation
- Sign into <https://Zoom.us> to download the app
- Join from a PC, Mac, iPad, iPhone or Android device:
 - E-mail will include "Please click this URL to start or join."
<https://zoom.us/j/999999999>
 - Meeting ID: 999 999 999
- Join from a dial-in phone line





ECHO in 80 seconds:

<https://youtu.be/VAMaHP-tEwk>



Project ECHO Outcomes

- Patients – right care, right place, right time
- Providers – new knowledge, treat rather than refer
- Community – reduce disparities, retain providers, keep patients local
- System – access, quality, cost



Potential Benefits to Providers



- CMEs and CNEs – mix of work & learning
- Professional interaction with colleagues
- Access to interdisciplinary specialty consultation

✓ Tele-curbsiding

✓ <https://www.youtube.com/watch?v=b8VKzLpxvq0>



Potential Benefits Patients and Families

- Decreased wait times for access to specialty input
- Decreased cost of travel & testing
- Enhanced care coordination
- Improved Outcomes

Potential Benefits Community

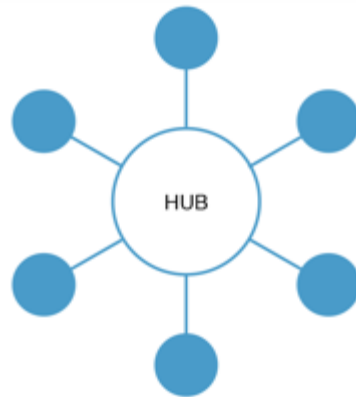


- Reduce Disparities
- Retain Providers
- Keep Patients Local



Potential Benefits System

- Increase Access
- Improve Quality
- Reduce Cost



Post ECHO Comments

- I found the focus on best practices and improvement of diagnostic skills refreshing and enlightening
- Great idea to screen everyone for other comorbid disorders
- The connection with other practitioners to be validating
- The ECHO was really amazing and the people involved were wonderful in the way they talked with everyone
- **Nirvana** <https://www.youtube.com/watch?v=niqLQwNeXI8>

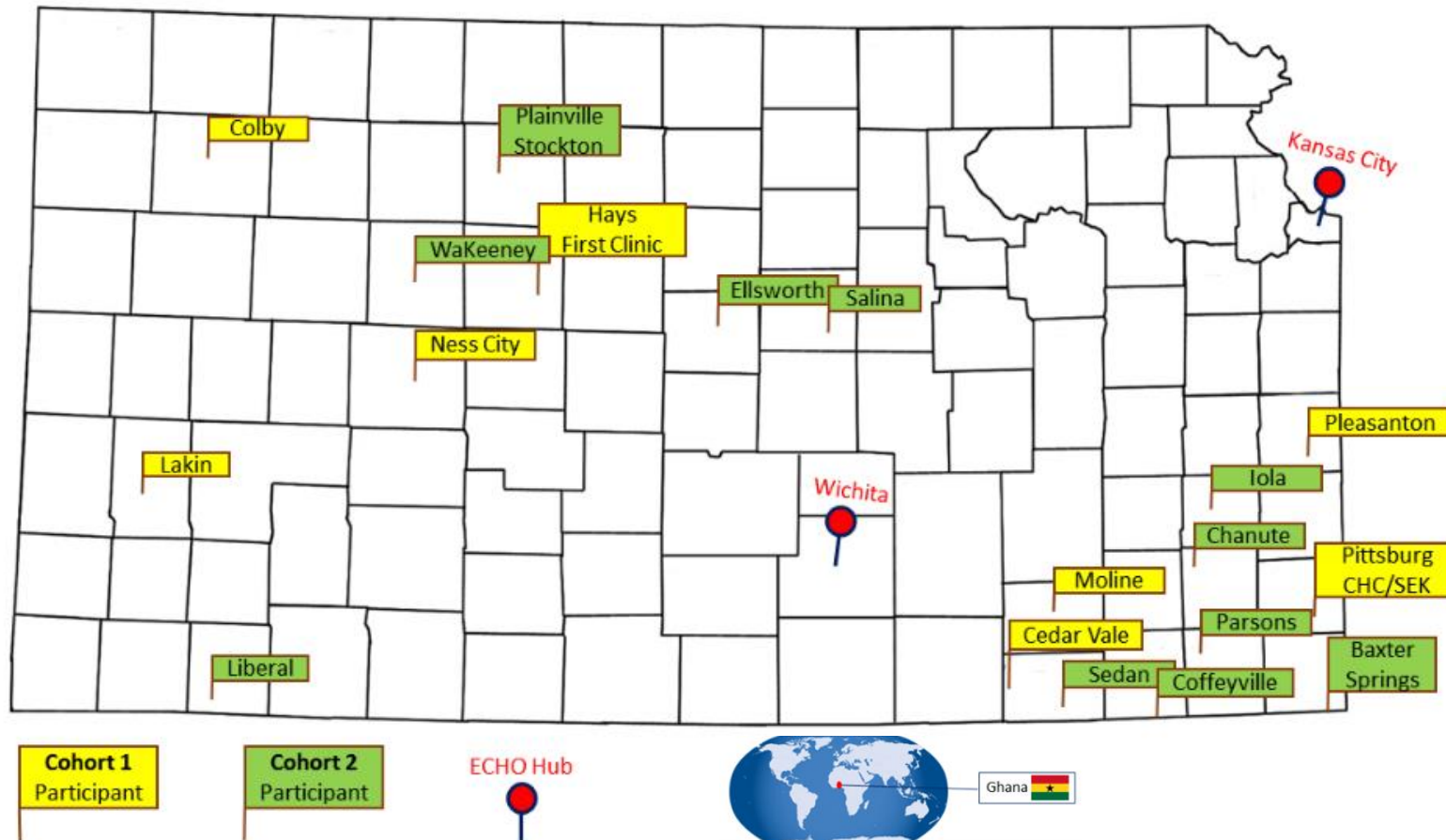


KUMC ECHO's

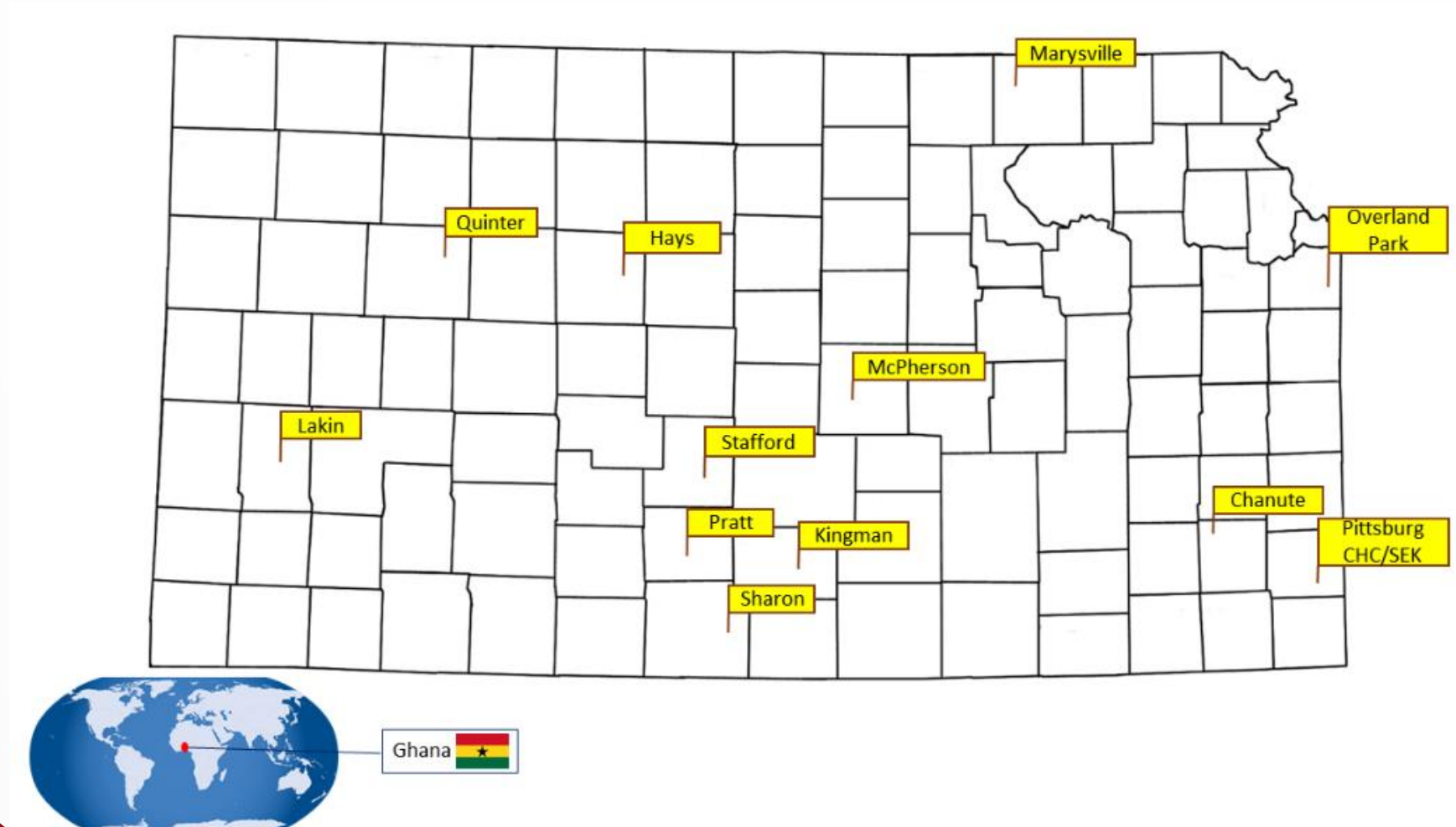
- Behavioral Health – Pediatric Psychopharmacology 2016
- Pain Management – 2 Cohorts during 2017
- Asthma – February 2017
- Behavioral Health – ADHD April 2017



KU Pain Management ECHO



KUMC Asthma ECHO



Join us –

- E-mail: projectecho@kumc.edu
- Call 913-588-2081





- Webpage: www.ksruralhealth.org or www.ksprimarycare.org
- Office emails: ruralhealth@ks.gov or primarycare@ks.gov
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